More Fruits and Vegetables - by Popular Demand!

here's how to get them — wherever you are



At Restaurants:

- Ask the manager for fruit salad or lightly marinated cold vegetables instead of chips or French fries.
- Ask for fruit or vegetable substitutes (or create your own dish). Just because it's not on the menu, it doesn't mean it's not in the kitchen.
- Tell the chefs or restaurant managers that you appreciate the change of menu.
- Encourage others to frequent restaurants that serve fresh fruits and vegetables.

At School or Work:

- Ask teachers at school to supply dried fruits in vending machines.
- Host a pot luck lunch at work with colleagues during
 5 A Day Week using only fruit and vegetable recipes;
 swap recipes with those who attend.
- Create a healthy fruit or vegetable recipe when asked to bring a dish to work.
- Suggest to teachers or coworkers that you celebrate National 5 A Day Week with a challenge to encourage everyone to eat at least five servings of fruits and vegetables every day.

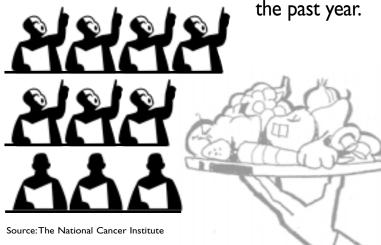
At Home:

- Keep fruits and vegetables available and ready-to-eat.
- Fill your shelves with canned and dried fruits and vegetables. Fill your freezer with frozen fruits and vegetables. Fill your refrigerator with fresh fruits and vegetables.



Diners Speak Up For More Fruit and Vegetable Options

Nearly 70% of American restaurant-goers have asked for a fruit or vegetable item in place of another menu item at least once in



1.25" x 5"